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NOT-SO-HOT TICKET

THE CANADIAN PRESS

Demand for Sens seats are soft and bar owners are saying fans are less frenzied this year — what gives? metroNEWS
Plus Sens vs. Rangers series preview **metroSPORTS**

Keep series on teen suicide out of class: Board

13 REASONS WHY

City's Catholic schools raise alarm over Netflix show

Drew May
For Metro | Ottawa

The Ottawa Catholic School Board (OCSB) has sent a letter to the teachers warning against using the Netflix show 13 Reasons Why as a tool in the classroom.

Elizabeth Paquette, the board's chief psychologist, told CBC that the show, which centres on the mystery behind a teenaged girl's suicide, could be upsetting and triggering to some students.

Mardi de Kemp, manager of communication for the OCSB, said the letter was a resource on how to approach the subject in the classroom.

"We're always trying to provide our educators some context and some helpful strategies when there's anything out in the public that might be a concern to our students," she said. "(Suicide) is a topic that would be considered a matter of concern."

Ian Colman, a professor at the University of Ottawa who researches suicide, said the show oversimplifies the issue.

"I think this is a big problem with the show where you're focusing on a teen who has taken her own life," he said. "If somebody watching identifies with that teen's problems, they might also identify with seeing suicide as a solution to their problems."

He said he shares the school board's concern with 13 Reasons Why and students but he also said that talking about suicide reduces stigma.

The Ottawa Distress Centre has a 24-hour crisis line specifically for young people who are struggling. The number is 613-260-2360.

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metro NEWS

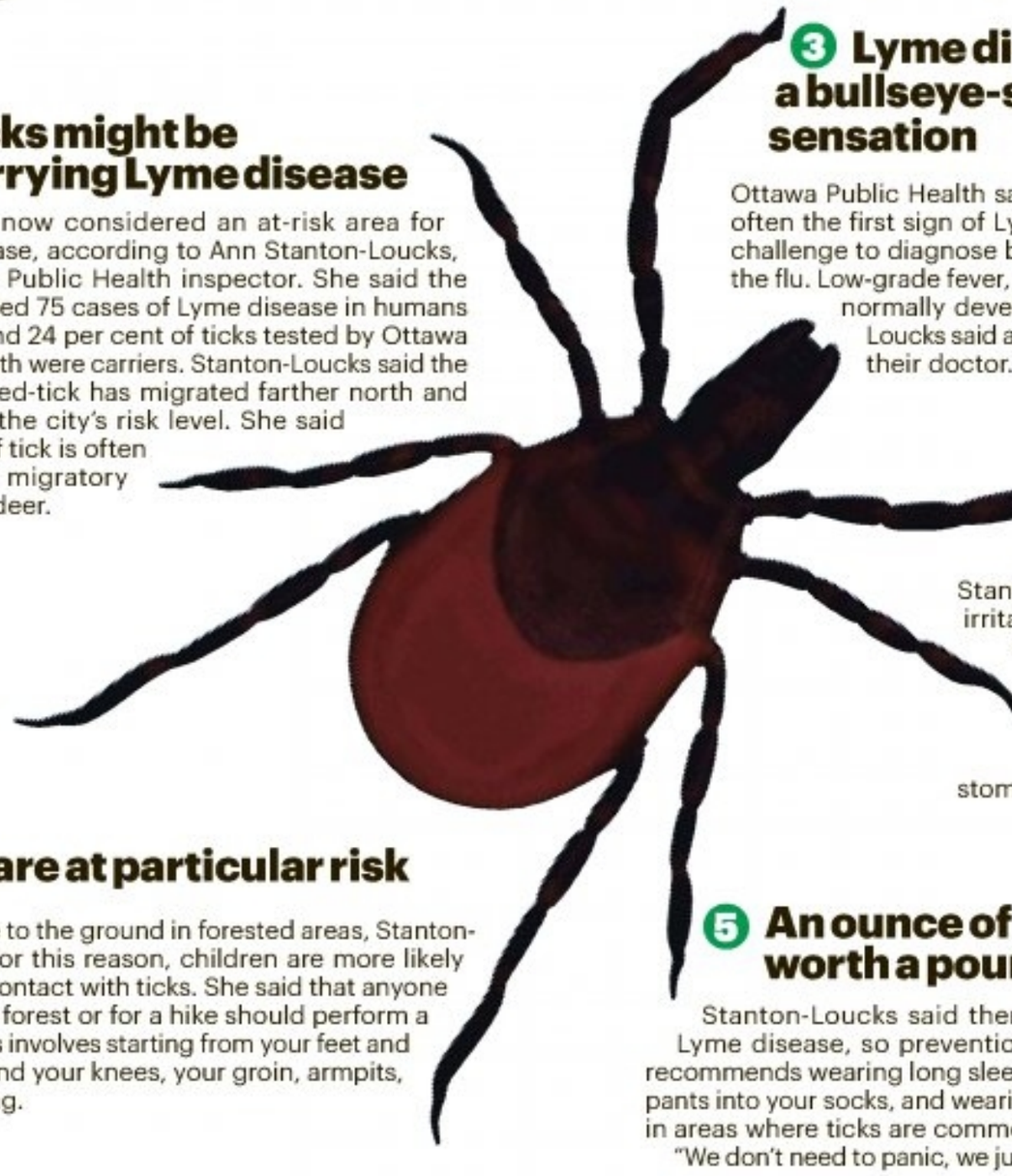
Your essential daily news

International donors have pledged $1.1 billion in aid for war-torn Yemen. **World**

5 REASONS YOU SHOULD WORRY ABOUT TICK SEASON

Spring is here, and so are the ticks. Ottawa Public Health is warning people about the tiny insects, which come out anytime the temperature is above 5 C. DREW MAY FOR METRO

Liam McGregor, 2, sports red bullseye looking spots from tick bites, taken by his mother Karen McGregor. CONTRIBUTED



1 Ticks might be carrying Lyme disease

Ottawa is now considered an at-risk area for Lyme disease, according to Ann Stanton-Loucks, an Ottawa Public Health inspector. She said the city recorded 75 cases of Lyme disease in humans last year and 24 per cent of ticks tested by Ottawa Public Health were carriers. Stanton-Loucks said the black legged-tick has migrated farther north and increased the city's risk level. She said this type of tick is often carried by migratory birds, not deer.

2 Kids are at particular risk

Ticks live close to the ground in forested areas, Stanton-Loucks said. For this reason, children are more likely to come into contact with ticks. She said that anyone going into the forest or for a hike should perform a tick check. This involves starting from your feet and checking behind your knees, your groin, armpits, and on clothing.

3 Lyme disease symptoms include a bullseye-shaped rash and a flu-like sensation

Ottawa Public Health says the bullseye rash around the bite mark is often the first sign of Lyme disease. Stanton-Loucks said it can be a challenge to diagnose because the symptoms are often the same as the flu. Low-grade fever, muscle and joint pain, fatigue, and headaches normally develop three to 30 days after the bite. Stanton-Loucks said anyone who has been bitten should contact their doctor.

4 Please don't tick off the ticks

If a tick bites you and is embedded in your skin, Stanton-Loucks said, you shouldn't do anything to irritate it. Don't try to burn it, rub around it, or put alcohol on it. Instead, use tweezers or a tick key to pull straight up and make sure to get the whole thing. She said the bacteria that causes Lyme disease live in the tick's gut, and if it gets irritated it might regurgitate whatever is in its stomach into your blood stream.

5 An ounce of prevention is worth a pound of cure

Stanton-Loucks said there is no human vaccine for Lyme disease, so prevention is the only defence. OPH recommends wearing long sleeves, long pants, tucking your pants into your socks, and wearing bug spray with DEET when in areas where ticks are common.

"We don't need to panic, we just need to be aware," she said.

PUBLIC TRANSIT

Auditory hailing praised

Tamar Harris
For Metro|Ottawa

Advocates for people with visual disabilities are commending OC Transpo for implementing external auditory announcements.

When buses arrive at a stop, the route and destination are announced in both official languages through speakers near the front door of the bus. The announcements are intended to improve the boarding process.

Richard Marsolais, a specialist in independent living skills for Canadian National Institution for the Blind and member of a committee that advised OC Transpo on the changes, called the announcements "a momentous step forward in making OC Transpo accessible for persons who are blind and partially-sighted."

Riders with visual disabilities previously held up bus hailer kits to indicate they needed to board, but the system was imperfect.

"It is such a sense of freedom and independence to be able to now just travel on my own," said Marsolais.

Kim Kilpatrick, a program coordinator at the Canadian Council of the Blind and an advisory committee member, said the announcements make busing easier for drivers and passengers alike.

"(OC Transpo has) done nothing but be great about working with the blind and low-vision community," said Kilpatrick, "to make sure that what they did … was something that was beneficial to us."

OTTAWA • ARNPRIOR

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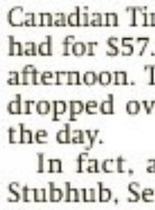
NHL

Playoff tickets are a steal compared to other cities



Ryan Tumilty
Metro | Ottawa

Playoff fever seems to be little more than a mild bug for Ottawa so far this year, with plenty of room to jump on the Senators bandwagon as the team moves into the second round.

The Senators overtime victory Sunday over the Boston Bruins moved them into the divisional-championship phase of the NHL playoffs. A best of seven series against the New York Rangers is set to begin on Thursday evening.

Tickets are still pretty easy to come by, with plenty of seats available on ticket resellers for relatively reasonable prices.

The cheapest ticket available for the Edmonton Oilers' first home game against the Anaheim Ducks this coming Sunday on the online reseller Stubhub is $275 USD.

By contrast, a ticket for Ottawa's second-round opener at Canadian Tire Centre could be had for $57.50, as of Tuesday afternoon. The price actually dropped over the course of the day.

In fact, at last check on Stubhub, Senators fans could take in the game from the lower bowl for less than what Oilers fans would have to pay just to get through the door. The most expensive seat in the Canadian Tire Centre on the site was $325, while the most expensive in Edmonton was $845.

John Couse, the owner of the Lieutenant's Pump on the Eglin Street Sens Mile, said people definitely need some help warming up to the playoffs this year.

"The first round of the playoffs — we thought they were a little bit slower than anticipated. The excitement took a while to build," he said.

Lieutant's Pump owner John Couse stands on his restaurant's patio, which is decked out for the Ottawa Senators' playoff run.
RYAN TUMILTY/METRO

BY THE NUMBERS

$275
The cheapest ticket for the first home game of Edmonton vs. Anaheim

$57.50
By contrast, tickets for our second-round opener can be had for $57.50

$325
The most expensive seat in Canadian Tire Centre. Edmonton's: $845

Couse said he thinks many people weren't sure the team had a longer playoff run in them, but when the team started to do well fans came out.

"As it became increasingly clear we could beat Boston, by the third game we saw people getting pretty excited," he said. "For games five and six we saw a big increase in business."

The man behind the popular blog SensChirp.ca, who identified himself to Metro only as Dave, said the team doesn't have a huge season-ticket-holder base to rely on.

"Ottawa has always relied more on the walk-up crowd," he said.

He said the team is talented and he believes fans are starting to pay more attention.

"Every city has that: some fans that wait for things to go well," he said.

He also pointed out that Oilers fans have been waiting for a long time to get this far.

"It's been a decade since they have been in the playoffs."

He said most people didn't believe the Senators would make it through Boston, but they have been beating expectations a lot lately and he believes they will again.

"This is what this team has been built on, proving people wrong all year."

DRUGS

Trudeau's nod to pot pardons

Marijuana advocates are cautiously optimistic about the prime minister beginning to open up to pardoning people for simple possession charges.

Trudeau sat down with Vice News Monday night for a discussion about his government's marijuana legalization efforts.

Stressing the government plans to enforce existing laws until the drug is legalized, the prime minister also suggested that the government will look at ways to help people charged with marijuana possession after the drug becomes legal.

"Until we actually change the law, we can't take steps towards moving retroactively," Trudeau said.

"Then we'll take steps to look at what we can do for those people who have criminal records for something that would no longer be criminal."

Trudeau also revealed that prior to his death, his brother Michel faced a pot possession charge, which his father worked to clear up by reaching out to friends in the legal community.

Craig Jones, executive director with NORML Canada, a group that has been advocating for the legalization of marijuana for decades, said he is hopeful Trudeau was signalling a change could be coming.

> **Perhaps he just ran it up the flagpole to see the reaction.**
> Craig Jones, NORML Canada

"Perhaps he just ran it up the flagpole to see the reaction," he said. "I would like to think that's what is going on."

He said successive Canadian governments over decades have ignored the need for legalization because it was easier.

But Jones now believes Trudeau is finally taking the logical step towards that end.

"Sometimes in politics, it's easier to continue to do the wrong thing than take the bull by the horns and do the right thing."

Jones noted that possession charges often fall heavily on the people who can least afford to take their cases through court and avoid a criminal record and that's unfair.

"It really is an embarrassment to Canadians who by and large consider themselves a fair-minded people," he said.

RYAN TUMILTY/METRO

PARKING

Councillor backpedals on Spencer Street bike lanes

Drew May
For Metro | Ottawa

Jeff Leiper, the city councillor for Kitchissippi ward, said he has reconsidered his proposal to remove the parking spots on Spencer St. in favour of a bike lane.

"It's become really clear to me in the past two weeks that it just doesn't enjoy the community's support," he said.

The plan comes after the completion of renovations to repair the street's sewers and the water main.

Leiper says cycling advocates reached out to him during the renovation process about the possibility of painting a bike lane on the street, which runs parallel to Wellington St. W.

Leiper said he received over 160 emails from people in the neighbourhood about the proposal, and 55 per cent were opposed to replacing the on-street parking with a bike lane.

"I don't want to impose this on a community that doesn't want it, so I've decided not to move ahead," he said.

While people did not agree with the proposed bike lane, people said in their messages that they wanted to make the city safer for cyclists, according to Leiper.

He said he does not currently plan to bring any other cycling proposals to city council, but other roads in the ward, including Richmond Rd. and Byron Ave., are getting cycling infrastructure.

> **It's become really clear...that it just doesn't enjoy the community's support.**
> Coun. Jeff Leiper

A poster in Gatineau's #keepitprivate campaign. SUPPLIED

Teens asked to keep it private

MOBILE SECURITY

Suggestive images to fore in anti-sexting campaign

Tamar Harris
For Metro | Ottawa

Gatineau police are encouraging teens to "Keep It Private" with a new program to counter sexting.

Sexting — the sharing of sexually explicit messages and images via mobile phones — has become a rising concern for authorities. Sexting can constitute child pornography if minors are involved. Gatineau police have handled more than 80 cases of child pornography related to sexting since 2014.

The program targets teens, ages 12 to 17. Gatineau police said the campaign's "daring visual imagery" and humour will help handle the delicate topic with youth.

Letting euphemisms like bananas and cats stand in for body parts, the posters use the hashtag #KEEPITPRIVATE — #GARDECAPOURTOI in French — to encourage teens to play it safe. They warn that one in five teens have shared a sext they've received, meaning that they could face child-pornography charges.

Campaign partners will hold in-class workshops with high school students in Gatineau to discuss safer and more appropriate methods of.

"Why do young people think that it is not a big deal to share intimate images?" said Joelle Trahan, a social worker in a statement.

> **Why do young people think it's not a big deal to share intimate images?**
> Social worker Joelle Trahan

"What are the social consequences of that dangerous game over the short, medium and long-terms? These are important discussions we need to have with young people."

IN BRIEF

OPS employees taking more time off to deal with trauma

The OPS has seen a steady increase in the amount of lost time due to trauma and mental health, according to a new report detailing the force's new wellness policy.

Ottawa police union president Matt Skof said the numbers are increasing across Canada and even in organizations outside of first responders because there's a heightened awareness of issues like PTSD.

In 2015, OPS had four claims to take off work time due to a traumatic event. In 2016 the force had 20 similar claims. Fifty-nine per cent of long-term-disability claims in 2016 were related to mental health, according to the wellness report.

"People are less reluctant to talk about it," Skof said. "The advantage is that people are not suffering in that old environment of 'Don't speak about it, just come to work.'"

HALEY RITCHIE/METRO

ENVIRONMENT

Groups say coyote relocation 'inhumane'

Haley Ritchie
Metro | Ottawa

Two environmental groups are calling on Agriculture Canada to educate, not relocate, when it comes to coyotes making their homes on the experimental farm.

Donna DuBreuil of the Ottawa-Carleton Wildlife Centre said the organization put out a news release with the Animal Protection Party of Canada when it received word that Agriculture Canada had hired professionals to capture and relocate the animals.

"It's totally impractical. You can't relocate wildlife when there's an attraction there," said DuBreuil. "There's probably a healthy rodent population there, with mice and voles and so on, which is part of the coyote's diet."

DuBreuil called the attempted relocation "inhumane" saying that removing coyotes from the farm could endanger pups, since spring is usually the time breeding pairs mate. In March 2017, the city's 311 hotline received 51 calls about coyotes, including 20 in River Ward. DuBreuil said coyotes living in the city aren't unusual and don't present a risk to kids or adults.

Rather, she said, they're part of the natural habitat, and the Wildlife Centre wants to see people better educated to live with them. "They don't pose a risk to people. They pose a risk to small pets," said DuBreuil, who suggests keeping dogs on leashes, especially when coyote pups could be around.

"You're much more likely to be bit by a dog than a coyote. We need to reduce the fear a little bit and look at the facts," she said.

Agriculture Canada said it could not respond to a request for comment by end of day Tuesday.

An employee at the Experimental Farm, who did not give a name, said the traps deployed by professional trappers were not successful in capturing any animals and no one wanted to hurt the coyotes.

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You really do feel like you are so isolated even though there are potentially thousands of people feeling like this.
Sandra Legacy

Sandra Legacy was diagnosed with PTSD after the Fort McMurray fire and now wants the city to know how common conditions like hers are. JENNIFER FRIESEN/FOR METRO

'It's been a hard year'

As Fort McMurray residents struggle to rebuild, the mental health strain starts to emerge

Alex Boyd
Metro | Edmonton

It starts when she can no longer take a breath, followed by a stabbing pain in the left side of her chest — symptoms "so similar" to a heart attack, Sandra Legacy says.

"It has to be one of the scariest things that a human being can feel," she says of the anxiety attacks that have come more often lately — and hit hard. "Because you feel like you're dying."

Legacy has fought anxiety for years, and won. But then came the hot, windy Tuesday afternoon last May, a day that started with the usual eight-minute drive to work and ended with a flight for her life.

Thanks to the security system installed in her Abasand home she knows her house started to burn at exactly 4:16 p.m. She still hasn't deleted the alerts on her phone.

In the aftermath of the fire Legacy was diagnosed with PTSD and depression. She still hasn't been able to go back to work.

"Sliding down that slippery slope into a very dark place, it's hard to control. Not wanting to get out of bed, not wanting to get dressed or showered," she says, sitting in the home she and her husband are renting while they rebuild. The tags still dangle from the couch she's sitting on, and boxes of appliances fill the dining area.

"It's been a really hard year, it's been a struggle every single day."

She's not alone.

Dr. Emmanuel Osegbue, a family physician who's been practicing in Fort McMurray for almost a decade, says demand for mental health services among his patients is up by about 25 per cent.

Many people are still dealing with the trauma of fleeing just ahead of an out-of-control fire, he says. Now, a year later, he's starting to see people who tried to stay strong, and are now having the symptoms of depression and anxiety catch up with them.

"Even kids, they're taken back when they reflect on the events of that day," he says. "I see kids that are now having mood swings more than before."

He argues that the loss of property was especially tough for residents of Fort McMurray, given the demands of working in the oilsands. With 4 a.m. wake-up calls and long days working heavy equipment, coming home is "the thing that gives them joy everyday," he says.

"And now it's gone, in just a few hours. That's very traumatic."

He worries that counsellors are themselves overwhelmed, so he isn't sure his patients always get the help they need.

For Legacy, the experience turned her into a crusader. She makes sure her neighbours know they're not alone, and to reach out for help if they need it.

"You really do feel like you are so isolated even though there are potentially thousands of people feeling like this," she says. "You really do feel like you're the only one."

If there's a positive outcome, Legacy says it's that Fort McMurray — a town with a reputation for toughness — is now tackling mental illness head on.

"Before, you never would have seen a Facebook group about anxiety or depression or a safe place to talk. Now there are, which I'm very happy about," she says.

"Out of every dark situation, some bright thing happens from it… The negative stigma has really come off of mental illness in this town, because so many people have been introduced to it."

Parents concerned about kids' health

When four-year-old Abby plays with her little brother Zander they have to be careful not to be too rough — that's when the coughing starts.

"If she just plays a little bit or gets overheated, she's just coughing all the time," says her mother, Melisa Leblanc, as she keeps a close eye on her two youngest playing in the living room of their Fort McMurray home.

Ever since the family moved back to the city after the fire, Abby has been hit with a laundry list of illnesses her mom ticks off on her fingers: pneumonia, tonsillitis, strep, ear infections.

While she'd been sick before, it wasn't like this, Leblanc said.

Alberta Health Services says the province monitors health concerns and has not seen in any spikes in respiratory complaints.

But Leblanc says she's one of a number of Fort McMurray parents who worry about a lack of clarity around which buildings have been cleaned of fire damage, and how thoroughly, and what that means for the health of their kids.

But Dr. Mayank Singal, a zone medical officer of health for AHS, said the number of incidents and complaints of things like respiratory illnesses are closely tracked — and he hasn't seen an increase.

Still, Dr. Ghassan Al-Naami, a paediatrician who worked in Fort McMurray before moving to Edmonton in January, said he "definitely" saw more kids with respiratory issues after the fire and says more study is needed.

As she inventories her daughter's medications and inhalers on the kitchen counter, Leblanc said she's not yet convinced that her kids are living in a clean environment.

"We wanted to come back too," she said of the choice she and her husband made to come back after the fire. "I don't know if I made the right decision at the end of the day." ALEX BOYD/METRO

TREATMENT

A cuppa for Trudeau does not mean tea

Next time the prime minister pops his shirt off, don't be alarmed if his body is peppered with circular bruises. He's just been subjecting his skin to an ancient suction treatment with questionable efficacy that's hot with the alternative medicine crowd. Justin Trudeau, it turns out, is into "cupping."

Canada's PM was outed as a practitioner this week after the tell-tale markings of the treatment were spotted on his arm during an interview.

Cameron Ahmad, a spokesperson for the prime minister, confirmed to Torstar that, yes, Trudeau cups.

Alongside references to cupping celebs like Brad Pitt, Jennifer Aniston and American Olympian Michael Phelps, the Internet tells us that the practice dates back to Chinese antiquity and has been used for millennia. Nowadays, cupping is associated mostly with pain relief, though it's also linked with a range of ailments.

TORSTAR NEWS SERVICE

OPIOIDS

Roots of fentanyl epidemic run deep

Canada is in the midst of an epidemic of opioid use and abuse — involving both prescription and illicit forms of the potent narcotics — that shows no signs of abating and has led to an explosion of fatal overdoses.

So pervasive is the problem that it has become part of the Canadian consciousness and left doctors, public health officials and politicians scrambling to find solutions to contain the crisis.

Canadians remain the second highest per-capita consumers of opioids in the world, after Americans. But while U.S. use is beginning to decline, Canada's numbers keep rising, according to the International Narcotic Control Board, which monitors countries' prescribing levels.

But just how did we get here?

With the isolation and later synthesis of some of opium's chemical properties beginning in the early 19th century, medicinal use of opioids like morphine, codeine, laudanum and heroin became widespread, as did cases of addiction to those easily-purchased drugs.

Synthetic opioids, such as oxycodone, were introduced to the prescription market from the 1950s onward, followed by slow-release formulations of a number of the drugs in the 1990s and early 2000s, which doctors began embracing for the treatment of chronic pain.

Among them were the fentanyl patch, hydromorphone and OxyContin, the latter made by U.S.-based Purdue Pharma, which aggressively marketed its product to practising physicians and medical school students as a highly-effective painkiller "without unacceptable side-effects" — including addiction.

Prescription numbers soared - in Canada, the U.S. and elsewhere — as did growing reports of addictions and overdose deaths.

Then in May 2007, the truth about OxyContin was revealed when Purdue and three of its top executives settled U.S. criminal and civil charges for the company's deceptive promotion of the medication. Still, today's opioid crisis can't be linked solely to Purdue and its drug OxyContin, suggests Benedikt Fischer, a scientist at the Centre for Addiction and Mental Health in Toronto.

THE CANADIAN PRESS

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Softwood casualties ahead

TRADE WAR

Ottawa admits U.S. move will mean jobs lost, promises action

The federal government is reaching out to reassure forestry workers, lumber producers and others facing the impact from a fresh softwood trade war that it stands ready to help cushion what it suggests will be a heavy blow.

The U.S. is imposing significant duties of up to 24 per cent on lumber imports — the latest flare-up in Canada's escalating trade skirmish with President Donald Trump's administration.

Natural Resources Minister Jim Carr acknowledged Tuesday that job losses are likely in the offing, saying Employment and Social Development Canada is standing by to provide essential services for anyone who is impacted.

Available ESDC supports include employment insurance, career counselling, retraining and provincial skills development programs, said Carr, noting Canada is no stranger to softwood disputes with the U.S., and has always prevailed in the past.

Trudeau, meanwhile, said earlier Tuesday that the Canada-U.S. relationship is bigger than any one trade irritant.

"We are tremendously interconnected in our economy with that of the United States, but it's not just a one-way relationship," Trudeau said during a visit to Kitchener, Ont. "There are millions of good U.S. jobs that depend on smooth flow of goods, services and people back and forth across our border."

He cited the North American auto sector as one compelling example, and his oft-repeated illustration of how a typical car part can cross the border up to six times before it ends up in a finished automobile.

Carr, on the other hand, wasn't sounding an especially friendly tone.

"We will continue to press our American counterparts to rescind this unfair and unwarranted trade action," he said.

During a technical briefing on the softwood duties Tuesday, officials said Canada is not likely to challenge legally under the North American Free Trade Agreement or with the World Trade Organization until next year.

The softwood spat is unfolding amid a much bigger trade issue — the renegotiation of the North American Free Trade Agreement. Despite remarks from the president and his cabinet secretary, neither lumber nor dairy are part of the current NAFTA.

Carr said the action hurts people in both countries — not only Canada's lumber sector that employs hundreds of thousands, but also American homebuyers, who must now pay more for wood. THE CANADIAN PRESS

LOONIE DROPS

U.S. duties hit the dollar

The Canadian dollar sank on news of U.S. duties on softwood lumber imports.

The loonie hit a 14-month low on Tuesday at 73.60 cents. "It's an absolute disaster for Canada," said Unifor president Jerry Dias, a union which represents 24,000 forestry workers at 134 companies.

A worker gets an order of planks ready for a client in Montreal. THE CANADIAN PRESS

> **We are tremendously interconnected in our economy.**
> Justin Trudeau

ECONOMY

Dairy in Trump's sights

Fresh off slapping a duty on Canadian lumber, President Donald Trump is now making threats about dairy as the northern neighbour has suddenly, unexpectedly, become his No. 1 target for criticism lately on trade.

The president tweeted Tuesday: "Canada has made business for our dairy farmers in Wisconsin and other border states very difficult. We will not stand for this. Watch!"

That's what he wrote the morning after his government announced duties up to 24 per cent on Canadian lumber, with more expected later this year.

Lumber and dairy are longstanding irritants. In softwood lumber, the countries have a once-a-decade cycle of tariffs, trade litigation, and ultimately settlements.

What's new is how Trump is playing up the issue.

While Barack Obama referred to lumber as a minor irritant, the self-styled America First president is playing up these irritants as examples of his desire to get tough on trade. THE CANADIAN PRESS

FOCUS ON FAMINE Update: Yemen

International donors pledge $1.1 billion in aid for Yemen

International donors have pledged $1.1 billion for war-torn Yemen, the UN secretary-general said Tuesday, appealing to the fighting sides to grant access to humanitarians and revive diplomatic efforts to end a conflict that has killed over 10,000 civilians.

Antonio Guterres ended a daylong Yemen aid conference by hailing the "clear generosity and solidarity" of governments and civil society after two years of intensified conflict in the Arab world's poorest country.

The conference, co-sponsored by the United Nations, Switzerland and Sweden, raised pledges for over half of the $2.1 billion sought by the U.N. this year in an appeal that was only 15 per cent funded previously.

Aid groups want improved access to civilians, a halt to deadly airstrikes by a Saudi-led, U.S.-supported coalition that has been fighting Shiite rebels known as Houthis, and more respect for international law.

UN officials say the world's largest humanitarian crisis is in Yemen, where 17 million people are classified as food insecure, with seven million of those facing critical food shortages.

The war pits the coalition of mostly Sunni Arab countries against the Iran-backed Houthis and allied army units loyal to a former president. The Houthis seized the capital, Sanaa, and other areas in 2014, forcing the internationally recognized government to flee.

Unlike the Syria war, Yemen's conflict has not produced a flood of refugees — making it a relatively contained crisis that has made fewer international headlines.

A preliminary breakdown provided by the UN showed that the U.K. pledged more than $173 million, Saudi Arabia pledged $150 million and the United Arab Emirates, a key member of the coalition, pledged $100 million. The United States said it was committing nearly $94 million in additional assistance, bringing its total to $526 million since the 2016 fiscal year.

Guterres and many diplomats acknowledged aid is only a stopgap measure, insisting that ultimately Yemen's suffering will only ease with a political solution that ends the war. THE ASSOCIATED PRESS

A Yemeni girl carrying water on the outskirts of the Yemeni port city of Hodeidah. GETTY IMAGES

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PHILOSOPHER CAT by Jason Logan

JESSICA ALLEN ON LOVE IN THE TIME OF NETFLIX

From the gulf between German expressionism and Sex and the City 2 emerges Twin Peaks.

They say the leading cause of divorce, ahead of infidelity and financial issues, is "basic incompatibility."

Like not agreeing on what to watch on television.

For 12 years, my partner Simon and I have weathered this storm pretty well. There are TV series, like The Sopranos and Deadwood that we are always happy to revisit. There are new offerings, like Big Little Lies, and new seasons of familiar shows, like Girls and Broad City, to catch up on. And when in doubt, there's a list on the fridge of the top 100 films of the 21st century to go through. (We still have 39 to see.)

But recently, a tempest has been brewing. Last autumn, the shop Simon managed for more than a decade closed and, for the time being, he has comfortably settled into the role of homemaker. I come home from a hard day at work to the smell of a home-cooked meal, a clean house, the laundry folded, and am greeted with a cocktail. It's like Mad Men, only I'm Don Draper and he is Betty.

And Betty is being a real pain in my neck. Because his days are filled with domesticity, in the evenings he doesn't want to revisit Mad Men, a recent suggestion of mine. "Mad Men is really nothing more than John Hamm's face and period detail," he said. "And if I'm watching a period piece it's got to be set in Edwardian England, for the outfits."

He wants to watch things that might challenge and teach him something, because the idea of wasting time right now gives him huge amounts of anxiety.

Because my days are filled with trying to stay culturally and politically current, offering up opinions on everything from corporal punishment in American high schools to whether butter should be kept on the counter or in the fridge, I want to watch mind-numbing things.

One night we attempted to solve our indecision by watching different things in the same room. But it was too sad.

So on Sunday morning when I saw an ad for the new Twin Peaks coming out May 21, it was like a port in the storm. Here, I thought, is something that we will both want to watch. Only Simon wasn't interested: he doesn't want to risk tarnishing the original. He still hasn't gotten over the Gilmore Girls redux.

Will film and television auteur David Lynch save Jessica Allen's relationship with his Twin Peaks revival? AP

He wants to watch things that will better his brain, like a four-hour Andy Warhol documentary. He also discovered that a good chunk of the Criterion collection is available online, for free, with a library card. "What about some Fassbinder?" he asked, scrolling through the catalogue while dinner got cold.

"Oh I love him!" I said. "Is Prometheus on there?"

"Not Michael Fassbender. Rainer Werner *Fassbinder*, the German director."

Let me tell you, Effi Briest is no Sex and the City 2.

"It's the golden age of television!" I argued. "Can't we watch something *normal*?"

"I think the most exciting thing on TV is Matthew McConaughey in the Lincoln commercials," he said.

Thankfully, Simon changed his mind about Twin Peaks — but only after reading a David Lynch quote that it should be thought of as an 18-hour feature film.

And at least I know what we will be watching tonight. April 26 is both Channing Tatum and Marcus Aurelius' birthday. So Magic Mike, our modern-day Meditations on the economic disparity in America, it is — with no argument from Simon.

I didn't understand. But I didn't ask; when life sends you a pony, you get on it and ride.

Jessica Allen is the digital correspondent on CTV's The Social.

Trudeau tone deaf on plea for pot charge amnesty

Vicky Mochama
Metro | Toronto

Justin Trudeau's relatability is wearing thin.

During an interview at Vice Media's Toronto office, he was asked by Malik, a young black man: "How am I going to become the next prime minister if I can't get a decent job because of (drug) charges?"

The current prime minister responded with an anecdote about his younger brother Michel being charged with pot possession and his dad (you may have heard of him: French guy, pirouettes, led the nation) using his connections to make the charge "go away."

"We were able to do that because we had resources, my dad had a couple connections, and we were confident that my little brother wasn't going to be saddled with a criminal record for life," Trudeau said.

The anecdote isn't new. He mentioned it while campaigning, and it is in his memoir. He uses it to underscore how access and wealth worked for his family in a way that it doesn't for black and Indigenous people in Canada.

What was new is that it lacked in his trademark (if occasionally cringe-worthy) empathy. Asked how the government's legalization plan would help someone who was young, black and scared, the prime minister told a story about being white and incredibly privileged.

This is in step with the tenor of the legislation itself. The government is not promising anything to those people who've found themselves on the wrong end of the War on Drugs. Though Trudeau did say he would "start a process" to "try and look" at how to make things fairer once the law is in place.

This legislation is being framed as an opening gambit in a more compassionate legalization plan. But only after the current legislation and negotiations have been worked out will there be any discussion of moratoriums, pardons or amnesties.

The new laws won't be in place until summer 2018. After that, the run-up to the next election will likely derail criminal justice reform.

No politician interested in keeping his motorcade would go into an election promising to let drug users off.

In 2019, the young people who campaigned for and elected this government are going to be asking what happened and they deserve the truth.

Being honest, the prime minister should have just answered as I would have: There's no law against stoners becoming prime minister. In fact, having smoked pot while serving as a member of Parliament, I'd like to think I have paved the way.

No one, I would say to young Malik, is too high for the highest office.

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metro LIFE

Your essential daily news

Beer coming to some Taco Bell stores, starting this summer

FOOD

Canadians are churning out much fancier fat options

Genna Buck
Metro | Toronto

A better butter

Bumping up the fat content in butter by just a little — to 84 per cent from the standard 80 — elevates ho-hum butter into something luxurious. Europeans know this...and now Canadians have caught on, too. ISTOCK

The U.S. president is not exactly over the moon about the Canadian dairy industry's system of price controls, production quotas and limited imports.

He has called Canada's rules a "complete and total disaster" and promised "very big changes" to the two countries' trading relationship.

For Canadian farmers trying to shield their industry from global market forces — not to mention those American, Australian and New Zealand milk producers who want to compete — this is a life-and-death issue. They have families to feed.

But consumers have mouths to feed too, preferably with premium butter. And this spat could have big implications for butter lovers.

Canadian butter, though tasty — it's butter, after all — is a commodity product. Nearly all of it is exactly 80 per cent fat, the mandated minimum, and it's made from cream that farmers pool together (there's a separate pool for organic dairy).

Bumping up the fat content just a little — to 82 or 84 per cent — elevates ho-hum butter into something luxurious. High-fat European butters contain significantly less water, resulting in flaky pastries, rich sauces and the most tasty toast.

But butter imports to Canada are capped at just over three tonnes per year. The fancy European butters available at a few farmers' markets and specialty stores are subject to high tariffs and, as a result, they're eye-wateringly expensive.

A few Canadian companies have stepped in to meet the demand for specialty butters — organic, grass fed and, yes, even a few with that magical extra fat.

If you struggle to find high-fat butter at your local market (and there's a good chance that you won't be able to), "cultured" "European-style" butter is the next best thing.

The bacteria added to the cream before it's churned lend a tangy taste and a more "buttery" butter flavour.

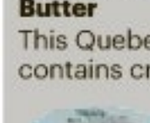
You won't miss the extra fat. Much.

3

Butter imports to Canada are currently capped at a little over three tonnes per year.

EURO STYLE

Churn84 European-style salted butter
An ultra-rich spread from Eastern Ontario's Stirling Creamery (84 per cent fat)



COWS creamery butter
This Prince Edward Island creamery makes its European-style butter in unsalted, sea-salted, and cultured versions. (84 per cent fat)

PC Black label Normandy-style butter
This highly findable butter from Loblaws is an old standby as premium products go. It has a tangy taste but the same amount of fat as typical grocery varieties. (80 per cent fat)

Riviera Petit Pot-Salted Butter
This Quebec creation contains crunchy flakes of sea salt and comes in a fun reusable container. (80 per cent fat)

Avalon certified organic butter
Avalon Dairy is a B.C. favourite with a nice yellow colour. And it's organic. (80 per cent fat)

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KETCHUP NUMBERS

5K

A family-owned manufacturing building in North York will start churning out 5,000 litres of French's ketchup every hour, starting next month.

250

The facility will squeeze out about 250 bottles every minute.

90

More than 90 per cent of the ingredients will be Canadian-sourced.

133K

The launch of French's locally-made ketchup follows last year's social media firestorm, sparked by a Facebook post that was shared 133,500 times criticizing the relocation of a Heinz plant from Ontario to the U.S. TORSTAR

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Breakfast sandwiches

Your morning breakfast sandwich may be weighing you down!

PICK THIS

Tim Hortons Egg and Cheese Breakfast Sandwich on English Muffin

Calories 271
Fat 11g
Saturated Fat 5.4g
Sodium 567mg

SKIP THIS

Tim Hortons Sausage Breakfast Sandwich on a Biscuit item

Calories 500
Fat 33g
Saturated Fat 16g
Sodium 1030mg

HERE'S WHY

Equivalent in salt to EIGHT regular-sized orders of fries from New York Fries.

A breakfast sandwich is a favourite choice for morning fuel on the go. While you may think it won't make that big of a difference by choosing the sausage and home-style biscuit, it doubles the calories and sodium, and adds two-thirds more of the fat. In fact, the biscuit alone has almost four times the sodium than an English muffin! The biscuit contains hydrogenated vegetable oil, including palm oil, which dramatically increases the fat and saturated fat. The English muffin has almost no fat, and eliminating the processed meat makes a world of difference.

Gossip DIGEST

TV

Grey's Anatomy star files for divorce

Grey's Anatomy star Jesse Williams has filed for divorce from wife Aryn Drake-Lee Williams after over four years of marriage, citing irreconcilable differences.

The 36-year-old Williams is asking for joint custody of the couple's two young children. THE ASSOCIATED PRESS

DRIVING OFFENCE

Ex-Bachelor star jailed after deadly Iowa crash

Chris Soules, an Iowa farmer who starred on The Bachelor two years ago, was arrested Tuesday on a charge of causing a deadly accident and leaving the scene.

Soules was behind the wheel of a pickup truck that rear-ended a tractor in northern Iowa on Monday night, the Iowa State Patrol said.

The crash sent the tractor into a ditch on one side of the road and Soules' truck into a ditch on the other side, the patrol said. The tractor driver was taken to a hospital, where he was pronounced dead. Authorities didn't release the identity of the 911 caller. THE ASSOCIATED PRESS

EDUCATION

Beyonce to fund scholarships for black women

Beyonce is marking the anniversary of her album Lemonade by announcing scholarships for black women to attend selected colleges.

Her Formation Scholars Award will go to a single black woman student at four schools. The announcement says the scholarships are aimed at encouraging and supporting women "who are unafraid to think outside the box and are bold, creative conscious and confident." THE ASSOCIATED PRESS

Music matters to all ages — and for boomers, it is still a vital force in their life. ISTOCK

You're only as old as you feel

BUST A MOVE

Many venues for older adults to enjoy music scene

Will McGuirk

"Music is the universal language." It's a short quote from Henry Longfellow but it resonates. Music transcends borders between cultures and countries but it also matters to all ages. Music was the voice of choice of the Woodstock generation and for boomers it is still a vital force in their life.

However the industry around music is very much tilted towards the young and the young at heart can feel, well, to put it bluntly, old!

But if you want it you can find it, one only need to leave the rocking chair behind.

Eric Alper is a music correspondent, blogger and radio host with almost a million Twitter followers. While many venues chase the younger crowd he suggests there are many places catering to more mature tastes in music. Churches, for example, offer some of the best acoustics and the right atmosphere for a meditative listening experience.

The Southminster United Church, located on Bank Street, hosts an annual grassroots festival, this taking place April 20 to 23. Keith Whiteley and the Beaulah Band, Malak, Mélanie Brulee, The Spirit of India and Deborah Kigjugalik Webster are among the performers. The Southminster also offers Wednesday noon and Saturday evening jazz shows.

The jazziest venue in Ottawa may well be The Record Centre. It's a vinyl record shop housing thousands of albums of all genres and age and it also doubles as one unusual but interesting live music venue hosting shows among the racks in-store. They offer first and foremost a listening experience. There is no alcohol, no food, and the shop closes, at the latest, 7 p.m. (that's Saturday).

With the JUNOS in Town recently many artists took the time to drop by and play, including Whitehorse, who will be back in May. CBC broadcaster and Blues aficionado Holger Petersen was also in for a book reading of his latest "Talking Music 2: Blues and Roots Music Mavericks.

For mature music mavericks there are many places in the city to hear the universal language in all its many manifestations.

How to transition to a small community

Although many of us dream of the leisurely days of retirement, the transition from a busy working life to days of unscheduled free time can be daunting.

If your retirement plans involve leaving an urban centre and starting fresh in a small community, the transition can feel overwhelming.

"Today's hot city real estate market makes leaving urban centres and retiring in a small town a sound financial choice, but there is unquestionably an adjustment," explains Mariah Hamilton, regional director at Millborne Real Estate in Kingston.

Hamilton specializes in helping retirees find new homes in eastern Ontario. She says there are some simple steps to make the transition smooth.

Hamilton recommends making multiple visits to the town to make sure it has the stores, services and activities you like. Is there a local library, a bakery, a good selection of restaurants? Linger at the local coffee shop and get a feel for the locals. Are they chatty and welcoming, or closed off to strangers? If you enjoy the arts, is there an opportunity to get involved with the local theatre? If you're a boater, are there spectacular waterways to explore? For example, communities like Gananoque on the St. Lawrence River is very popular with retirees as it has so much to offer.

Retiring and downsizing is a big psychological shift and the process can be daunting. These expert tips will help:

Start planning several years before you want to retire, as many people realize too late they should have downsized sooner. Assess your financial situation and explore all of your options. Do you want to remain near friends and family?

If you know you want a condo, you will get a better property at a significantly better price if you make a down payment during preconstruction and you'll be able to customize your suite. The property will be ready when you are set to retire.

Retirement brings a different lifestyle and a different home, so allow yourself plenty of time to adjust. If possible, gradually ease your working hours and practice slowing down. Spend as much time as possible in the community where you plan to move.

NEWS CANADA

Today's real estate market makes leaving urban centres and retiring in a small town a sound financial choice. ISTOCK

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3-day from $179

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Australian police arrest 12-year-old boy 1,300 km into joy ride across the continent

Acadia better in smaller packages

HANDOUT

REVIEW

GMC Acadia enters the mid-sized crossover segment

Dan Ilika
AutoGuide.com

Of all the new crossovers to hit the market in the last year, none has undergone more drastic changes than the 2017 GMC Acadia. Like its fraternal twins, the Buick Enclave and Chevrolet Traverse, the Acadia was always a bit of a bloated and awkward entry in the market. All that changes for 2017, with the Acadia downsized significantly to slot neatly into the mid-size segment.

This new Acadia offers very little that ties it to its predecessor. Measuring 4.9 metres from tip to tail, it's noticeably smaller than its competitors. The biggest return on the Acadia's downsizing is at the scales, with roughly 318 kg cut from its curb weight.

The smaller size allowed for the introduction of a new four-cylinder base engine. The 2.5-litre delivers punch when called upon. It's also the more efficient of the two engine options. For those in need of additional output, the Acadia returns with an available 3.6-litre V6. The engine serves plenty of power — especially for those looking to strap a trailer to the back. The Acadia is rated to tow 1,814 kg with the larger of the engines under the hood.

While front-wheel drive is standard on virtually all trim levels, it's likely most new Acadias will put power to all four. This new version of the Acadia offers two ways to do so. While a run-of-the-mill all-wheel-drive system is standard fare and features a disconnect feature to maximize fuel efficiency, the available All Terrain package adds a twin-clutch setup that features proper torque-vectoring capability.

The drivetrain system will feel familiar to anyone who has driven a GM crossover or SUV recently. Throttle response is smooth and sharp with the V6, while the suspension and steering setups are smooth and supple. Adaptive dampers are available on Acadia Denali models for increased road comfort, though not necessary.

Step inside and the Acadia can be served up six ways to Sunday ranging from affordable to overpriced. Base versions with the four-cylinder engine sending power to the front wheels start at $35,095, while the top-of-the-line Denali starts at $54,895. Adding options can quickly push the price above $58,000 — enough to cover the cost of a Cadillac XT5.

Regardless of which end of the price spectrum, the Acadia's interior features a fresh and modern layout and comes fairly well equipped. Apple CarPlay and Android Auto are standard, as is a built-in 4G LTE Wi-Fi hotspot.

Despite its size, the 2017 GMC Acadia is still available with three rows of seating — though that doesn't mean anyone old enough to drive would want to occupy all three of them. Likewise, cargo room behind third row is almost not worth mentioning. From oversized to right-sized, the Acadia makes the most of its dimensions, fitting family life just fine.

THE CHECKLIST | 2017 GMC ACADIA

THE BASICS

Engine: 2.5-litre four-cylinder; 3.6L V6
Output: 193 horsepower, 188 pound-feet of torque; 310 hp, 271 lb-ft
Transmission: 8-speed automatic
Fuel Economy (l/100 km): 11 city, 9.2 highway; 13.3 city, 9.5 hwy (AWD)
Price: Starts at $35,095

LOVE IT

- Smaller dimensions
- Available torque-vectoring all-wheel drive

LEAVE IT

- Cost climbs quickly
- Little cargo room behind third row

POLITICS

GM's Venezuela plant illegally seized by government officials

Sam McEachern
AutoGuide.com

General Motors says its sole plant in Venezuela has been illegally seized by government authorities, forcing it to halt its operations in the region until further notice.

GM's Venezuelan subsidiary, General Motors Venezolana, has operated in the country for nearly 70 years and employs nearly 2,700 workers there. The automaker said its Venezuelan workers will be given "separation payments" as it looks to exit the politically tumultuous country.

"Yesterday, GMV's (General Motors Venezuela) plant was unexpectedly taken by the public authorities, preventing normal operations," a statement released by the automaker said. "In addition, other assets of the company, such as vehicles, have been illegally taken from its facilities."

Former Venezuelan president Hugo Chavez, who took office in 1999, saw the state take over much of the country's industries, including its hugely profitable oil reserves and it telecommunications and energy sectors. 2016 marked its third straight year of recession and the unemployment rate is set to swell past 25 per cent in 2017. There's also reports of widespread food shortages and extremely poor access to healthcare.

GM is far from the first major corporation to bail out of its Venezuelan operations. ExxonMobil exited the country in 2007 after Chavez tried to put one of its projects under state control and in 2014 cleaning product company Clorox was forced out after government officials took over one of its plants. Additionally, Coca-Cola was forced to put a pause on beverage production in the country last year due to a sugar shortage.

It's not immediately clear why Venezuelan officials felt the need to take over GM's plant or how this may affect the automaker in surrounding South American markets such as Brazil, Colombia and Argentina.

GM's seizure comes as Venezuela's opposition looks to keep up pressure on President Nicolas Maduro. THE ASSOCIATED PRESS

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chryslercanada.ca/offers

Wise customers read the fine print: †, ◊, ▯, ▫, ††, ■, ‡, ❖, **, ▫▫, ▪, §The Power of Zero Sales Event offers are limited time offers which apply to retail deliveries of selected in-stock new and unused models purchased/leased from participating retailers on or after April 1, 2017. Offers subject to change and may be extended or changed without notice. All pricing includes freight ($1,795), air-conditioning charge (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. †0% purchase financing for 72/84 months available on select new models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: $30,000 financed at 0% for 72/84 months equals 130/156/182 bi-weekly payments of $192/$165, a total obligation of $30,000 and $0 cost of financing. ◊$9,350 in Total Discounts is available on 2017 Dodge Grand Caravan Ultimate Family Package and consist of $6,500 Consumer Cash, $1,000 Minivan Loyalty Conquest Bonus Cash, and $1,850 Bonus Cash. $9,250 in Total Discounts is available on 2017 Ram 1500 models (excluding Reg Cab) and consists of $7,750 in Consumer Cash and $1,500 Ram Truck Loyalty/Conquest Bonus Cash. $3,700 in Total Discounts available on the 2017 Dodge Journey Ultimate Family Package and consist of $1,500 Consumer Cash, and $2,200 Bonus Cash. See your retailer for complete details. ◊Bonus Cash is deducted after tax on all 2017 Dodge Grand Caravan/2017 Dodge Journey models between April 1 – May 1st. ▫2.99% purchase financing for up to 96 months available on select new 2017 models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. 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Examples: 2017 Dodge Grand Caravan CVP (29E)/2017 Dodge Journey CVP (22F) with a Purchase Price of $22,087/$22,209 with a $0 down payment, financed at 3.49% for 96 months equals 416 weekly payments of $61/$61 with a cost of borrowing of $3,234/$3,251.86 and a total obligation of $25,321/$25,460.86. ❖0% lease financing for 51 months available through SCI Lease Corp. to qualified customers on applicable new 2017 models at participating retailers. SCI provides all credit approval, funding and leasing services. Retailer order/trade may be necessary. Example: 2017 Pacifica Touring-L (26L) with a Purchase Price of $40,830 leased at 0% for 51 months with a $500 security deposit, $3,228 down payment and first month's payment due at lease inception equals 51 monthly payments of $395 with a cost of borrowing of $0 and a total obligation of $23,452.05. Kilometre allowance of 16,000/year. Cost of $0.16 per excess kilometre plus applicable taxes at lease termination. See your retailer for complete details. **For further details, please consult the Ontario government website at www.mto.gov.on.ca or visit www.chrysler.ca/pacifichybrid ▫▫Non-prime financing available on select models on approved credit. 4.99%/6.99% financing available on select 2017 models. Financing examples: Purchase Price of $30,000 with a $1,000 down payment, financed at 4.99%/6.99% over 84 months, equals 182 bi-weekly payments of $189/$202 with a cost of borrowing of $5,418.76/$7,753.86 and a total finance obligation of $34,418.76/$36,753.86. Some conditions apply. See your retailer for complete details. ▪$1,500 Ram Truck Loyalty/Conquest/Skilled Trades Bonus Cash is available on the retail purchase/lease of 2016/2017 Ram 1500 (excludes Regular Cab), 2015/2016/2017 Ram 2500/3500/Cab & Chassis, or 2015 Ram Cargo Van and is deducted from the negotiated price after taxes. Eligible customers include: 1. Current owners/lessees of a Dodge or Ram Pickup Truck or Large Van or any other manufacturer's Pickup Truck or Large Van. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before April 1, 2017. Proof of ownership/lease agreement will be required. 2. Customers who are skilled tradesmen or are acquiring a skilled trade. This includes Licensed Tradesmen, Certified Journeymen or customers who have completed Apprenticeship Certification. A copy of the Trade Licence/Certification required. 3. Customers who are Beaumier Approved service providers. Proof of membership is required. Limit one $1,500 bonus cash offer per eligible truck transaction. Some conditions apply. See your retailer for complete details. ▪▪$1,000 Minivan Loyalty/Conquest Cash is available on the retail purchase/lease of 2017 Chrysler Pacifica (excludes Hybrid), and 2017 Grand Caravan (excludes CVP) models and is deducted from the negotiated price after taxes. This offer is only available to current owners/lessees of a Chrysler or competitor's minivan. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before April 1, 2017 to qualify. See your retailer for complete details. §Starting From Prices for vehicles shown include Consumer Cash discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. Certain features of vehicles shown – e.g., interior colour – may not be offered on all models. See retailer for details. [1]Based on 2014 WardsAuto Middle Cross Utility segmentation. [2]Based on the latest available competitive information and WardsAuto Middle Cross Utility segmentation. Excludes other vehicles designed and manufactured by FCA US LLC. Based on availability of I-4 and V6 powertrains, front-wheel drive and all-wheel drive, 5- and 7-passenger seating, second-row removable in-floor storage bins, integrated child booster seats, front-passenger in-seat storage and forward fold-flat front passenger seat. [3]Based on WardsAuto Lower Middle sedan segmentation. *Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. **The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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DODGE CARAVAN KIDS
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Best way to *break in* a new engine

HOW TO

Rules for whether it's factory fresh or a rebuild

Craig Cole
AutoGuide.com

New-vehicle buyers should read their owner's manuals because everything is "spelled out exactly what to do," said Siegrist. ISTOCK

So, you just bought a car, something showroom fresh with fewer kilometres on the odometer than a new pair of shoes. Naturally, you'll want to protect this investment. Properly breaking in the engine will do its part to help ensure a long and trouble-free life. But opinions differ on how this should be accomplished.

Some experts advocate a hard break-in. This includes a certain amount of heavy acceleration during the car's first few kilometres. The goal of this is to force piston rings against cylinder walls so these metal parts can seat before the bores' honing marks are worn away. Done properly, this supposedly results in an engine that produces more power and lasts longer.

But most others recommend taking it easy for a while, including many automakers.

Take it easy

According to Michael Siegrist, assistant chief engineer of the new 1.6-litre turbo diesel engine in the Chevy Cruze and the man in charge of all GM's passenger-car compression-ignition engines in North America: "Most of our vehicles ask that you do (an approximately 2,500 km) break-in."

This encompasses several things. "Don't drive a constant speed," said Siegrist; try to vary the engine's RPM frequently. He also added, "Don't go over 130 km/h," and "no full-throttle starts." It's also prudent to avoid exceeding 4,000 RPM.

The break-in period is a no-fun, burnout-free, racing-exempt zone. But your patience during those 2,500 km will be rewarded.

"What's really going on," explained Siegrist, "You have machined parts with sharp edges that during that break-in period, we're lapping in those sharp edges so that they fit perfectly for the life of the engine."

It's a similar situation with Toyota. For its Highlander crossover at least, the Japanese automaker recommends that customers avoid sudden stops or towing for up to the first 800 km.

Ready to Run

Suggested break-in procedures vary between manufacturers. David M. Goggin, marketing communications director at Cummins, a major manufacturer of diesel engines, said, "We have no special break-in procedures," a policy he estimates the company has had for a decade or more.

Goggin noted that with Cummins' current manufacturing capabilities, the tolerances they're able to hold, plus superior lubricants and better materials obviate the need for a break-in.

Another vehicle class where taking it easy might not be recommended is in the performance market. Mike Schropp, engine supervisor at Livernois Motorsports, a company that offers engineering services, vehicle performance products and more said, "Most of the engines we build here would be high performance and/or racing-style engines." Accordingly, "The break-in process is pretty critical."

What does Schropp recommend? Well, he advocates "medium load to medium-heavy load." This corresponds roughly to between 30 and 60 per cent throttle.

"There are people that... want a really hard break-in," he said, but extremely high loads and temperatures are not desirable.

Additionally, Schropp stressed the importance of avoiding extended idling, which can glaze cylinder walls, preventing the rings from properly seating. It's critical to vary engine speed right after a rebuild.

What About the Oil?

Livernois Motorsports puts special oil in all its rebuilt engines. Accordingly, Schropp recommends early oil changes to help flush any undesirable metallic bits out of an engine's vital circulatory system. A lot of that cruft is "going to get caught in the oil filter," he said, but still, "change it after the first thousand miles."

For factory-fresh vehicles, this usually isn't the case. "We manufacture all or our engines with the oil we want it broken in with," said Siegrist. He also noted that a more frequent lubrication service schedule is not necessary.

Still, you can never harm an engine by changing the oil too frequently. Early service, while probably wasteful of money, can only benefit vehicle longevity.

Another thing that could speed this process along is avoiding synthetic oil. Schropp recommends this since you need a certain amount of friction between moving parts for them to wear together properly. Man-made lubricants generally allow less of this than their mineral equivalents.

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SL model shown*

SR model shown*

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- ALUMINUM-ALLOY WHEELS
- REARVIEW MONITOR
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Platinum model shown*

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Drake has been named host for the first-ever NBA awards show to be televised June 26 from New York

IN BRIEF

Brown resigns from 67's head coach/GM post

Ottawa 67's head coach and general manager Jeff Brown has resigned for personal reasons.

Brown said in a release that moving to Ottawa has been difficult at times for his family. While an Ottawa native, Brown spent four seasons of his NHL career with the Blues and calls St. Louis home.

Brown spent three seasons as head coach and two as GM with the 67's.

THE CANADIAN PRESS

Earnhardt calling it quits at season's end

Dale Earnhardt Jr. abruptly announced his retirement at the end of the season Tuesday.

Colourful, candid and talented, Earnhardt has been plagued by concussions the last several years and he missed half of last season recovering from the latest head injury.

THE ASSOCIATED PRESS

Pole vaulter Barber comes out with Facebook post

World champion pole vaulter Shawn Barber turned to social media Monday to announce that he's gay.

"Gay and proud!" Barber wrote in an early morning Facebook post.

The post was confirmed as legitimate by his agent, who said the 22-year-old Barber didn't want to speak further about it at this time.

TORSTAR NEWS SERVICE

Come heel or high water

2017 NHL PLAYOFFS
SECOND-ROUND PREVIEW

Fractures have done little to slow Sens captain

Senators captain Erik Karlsson carries the puck between Rangers Nick Holden, left, and Mats Zuccarello on Dec. 27, 2016 in New York City. The Sens won the season series 2-1.

BRUCE BENNETT/GETTY IMAGES

Erik Karlsson was the best player in the Ottawa Senators' opening-round series against the Boston Bruins, and that was while playing with two hairline fractures in his left heel.

If the Ottawa captain was that good playing injured, one has to wonder how much better he can be when healthier. The Senators are going to find out as they take on the New York Rangers in the Eastern Conference semifinals, with Game 1 Thursday at the Canadian Tire Centre.

Despite the injury, Karlsson led all players in ice time in the opening round of the playoffs averaging 30:23. He sits third on the Senators and leads all defencemen in scoring with six assists. While still not 100 per cent, Karlsson's heel has been improving as the post-season progresses.

"He's playing fantastic, he's doing what Erik Karlsson does and that's taking over games at times," said blue-line partner Marc Methot. "Being clutch for us, coming down with key moments in games where he'll provide a nice pass or a timely goal and that's just what he does. He's a great leader and he's extremely competitive and it's showing through right now in his play and his determination.

"It's a credit to how badly he wants to win. You can't say enough about him."

While injuries are usually kept hidden during the playoffs Karlsson surprised many, including his general manager, when he revealed what he had been battling through following the Senators' series-ending victory.

"I was tired of talking about it and it's something that probably is not going to affect me anymore moving forward," Karlsson said. "It's something that's done with and I just felt like getting it out of the way instead of keep having it linger on and I'm not that much for secrets."

> **When I look at the portrait of the Rangers there are no real flaws in their game, there are no real weaknesses.** Guy Boucher

The Bruins struggled to contain Karlsson and there's little doubt the Rangers will do whatever possible to limit his chances, but the 26-year-old said he's fully prepared for the extra attention.

"This is the time of the year where everybody finishes their checks and everybody plays really hard every shift. That's why we play so hard all year to get to this point and it comes with the territory so it's not something that's new, it's not something that's going to change anything. It's just something you're going to have to deal with and something you're prepared to deal with."

This will be the second playoff meeting between the Senators and Rangers. The two teams squared off in 2012 with the Rangers winning the series in seven games. Few players remain from either team, but Karlsson, who was part of the Senators roster, says he has a different feeling about this Ottawa group.

"I think everybody's had that all year, it's just been a long process of getting to where we are today and I think we worked extremely hard to be standing here today and we still have a lot left to do. We expected to win the first series and we expect to win this one too."

THE CANADIAN PRESS

GAME BY GAME

Game 1 in Ottawa
Thursday 7 p.m.
Game 2 in Ottawa
Saturday, 3 p.m.
Game 3 in New York
Tuesday, May 2, 7 p.m.
Game 4 in New York
Thursday, May 4, 7:30 p.m.
Game 5 in Ottawa*
Saturday, May 6, TBD
Game 6 in New York*
Tuesday, May 9, TBD
Game 7 in Ottawa*
Thursday, May 11, TBD

*IF NECESSARY

GAMES 1-4 ON CBC

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MAKE IT TONIGHT

Novel Pepperoni Pizza Grilled Cheese

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dish is a mashup of everyone's favorite Friday night supper with the all-time best lunch.

Ready in 12 minutes
Prep time: 6 minutes
Cook time: 6 minutes
Serves 2

Ingredients
- 4 slices of sourdough or wholegrain bread
- 2 tsp garlic butter
- 1/2 cup ricotta cheese
- 4 basil leaves, torn into small pieces
- 2 slices mozzerella cheese
- 2 slices fontina cheese
- Extra Virgin Olive Oil

Directions

1. Preheat a skillet over medium heat with a drizzle of olive oil.

2. Butter one side of each slice of bread. Place pieces of bread butter side down on a clean surface or cutting board.

3. In a small bowl, mix ricotta with basil pieces. Spread one slice of bread with about a tablespoon of ricotta. Place one slice of mozzarella on ricotta cheese.

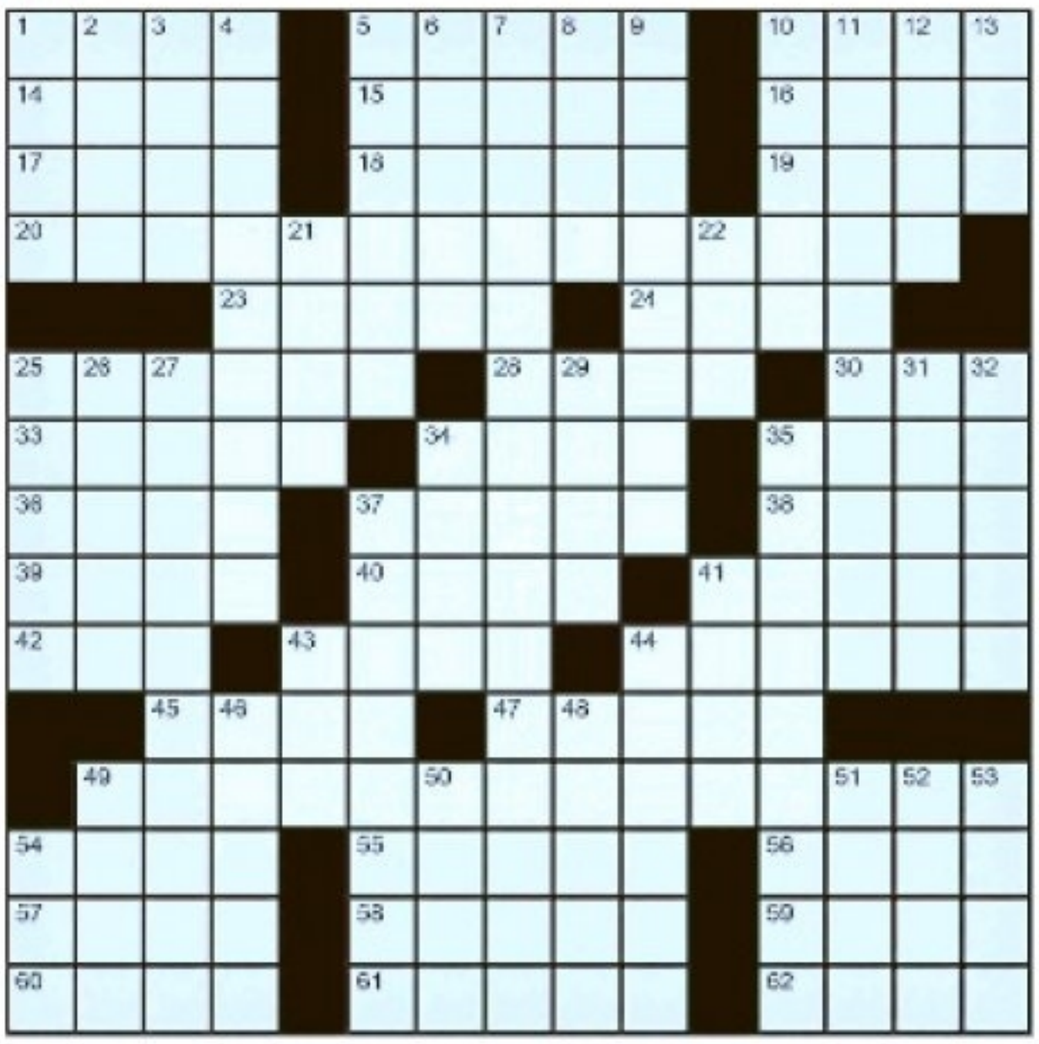
4. Lay a slice of fontina on other slice of bread. Close sandwich and place in skillet.

5. Grill until lightly browned and then flip over; continue grilling until cheese is melted and gooey.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Dapper shoe covering
5. James T. Kirk, et al.
10. Fast web connections
14. Fantastic!, for short
15. Martin's first wife in Sinclair Lewis' 1925 novel Arrowsmith
16. Dueling sword
17. 'Diet' suffix
18. Toy company
19. "I'm Yours" singer Jason
20. 1969 Guess Who album featuring the classic "These Eyes": 2 wds.
23. Remote, when used to lower volume
24. Financial-related, briefly
25. Army academy attendees
28. Andy Capp's wife's
30. Mesozoic _
33. Whiskers
34. Plaintiff
35. UK honours, commonly
36. Astronomy bear
37. Worked with hay
38. It means 'Seven'
39. Rock's 'rug'
40. _ deer
41. Last word in #11-Down's answer ...en francais
42. _-Cone (Toy-made treat)
43. Gladiator's 141
44. Boonies seats area: 2 wds.
45. Caveman's weapon
47. Grammy Awards org.
49. Toronto and Vancouver are two in Canada aka 'Hollywood North': 2 wds.
54. "Bye!"
55. Ms. Shaye Smith (Pierce Brosnan's wife)
56. Nautically hoisted
57. Bohemian
58. #6-Down's variant spelling
59. Ear-related
60. Origin
61. One sending a ship distress signal, say
62. When new calendars come out, for short

DOWN
1. Duck variety
2. Toronto's underground shopping network
3. Singer/songwriter, India._
4. New anchors look into them: 2 wds.
5. Montgomery of "The Heiress" (1949), and surnamesakes
6. Hawk's nest
7. Celine Dion, and others who can belt out tunes like she can: 2 wds.
8. Set of three, in literature, wee-ly
9. Standard Time: Scottish-born Canadian, Sir _ Fleming (b.1827 - d.1915)
10. Garage band's CDs
11. Evergreen drink: 2 wds.
12. Sharon of "Boston Public"
13. Speaks, slang-style
21. "Tsk!" and "Tsk!"
22. "_-boom-bah!"
25. Pals
26. Mr. Eckhart
27. Separate
29. Soup vegetable
31. Artwork like the original, informally
32. In _ _ (Brooding)
34. "Better Call _" ("Breaking Bad" spin-off)
35. Nabisco cookies brand!: 2 wds.
37. Transports in a 'dirt' race, commonly: 2 wds.
41. "Back in the U.S.S.R." flyer
43. Magna _ laude
44. Movie star Verne
46. Architect, Frank _ Wright
48. "Kate & _" ('80s sitcom)
49. Campsite warmer
50. Single-named singer
51. Tolkien's li'l masterpiece
52. Super mean
53. US _, of State
54. '_' _ in Calgary

✷ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today's New Moon creates the perfect day for thinking about your earnings and how well you handle your finances. Do you take care of what you own?

Taurus April 21 - May 21
The only New Moon in your sign all year is taking place today. Take a realistic look in the mirror and ask yourself how you can improve your appearance. Try it.

Gemini May 22 - June 21
You might prefer to hide from others today, because you need some R & R and privacy. It's important to respect your needs.

Cancer June 22 - July 23
A conversation with a female acquaintance will be intense today. You will discover whether you share the same goals.

Leo July 24 - Aug. 23
You are high-viz today. People notice you, especially people in power. Keep this in mind so you can create a good impression.

Virgo Aug. 24 - Sept. 23
Today you want to do something different! You want to experience more of life. You want adventure and a chance to travel. (Go somewhere you've never been before.)

Libra Sept. 24 - Oct. 23
You are a people-pleaser. However, it's important to know that the most important person to please is yourself. Once you respect your own needs, it's easier to respect the needs of others.

Scorpio Oct. 24 - Nov. 22
This might be the best day of the year to ask yourself what you can do to improve your closest relationships.

Sagittarius Nov. 23 - Dec. 21
What can you do to improve your health? And what can you do to improve your job or the way you do your work? These are the things to ponder today.

Capricorn Dec. 22 - Jan. 20
Look for ways to be playful or to express your creative side. As children, we easily do this, and too soon we forget.

Aquarius Jan. 21 - Feb. 19
A discussion with a parent or an authority figure will be important today. What can you do to improve your home and your family relationships?

Pisces
Feb. 20 - March 20
Good communication involves careful listening. This is a good day to ponder your style of communicating with others and whether you are as clear as you can be.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	1	5				6	7	
4			8		6			9
3			9					5
7			4					3
	6	3				7	9	
5			7					2
8			6					1
6			3		8			7
	2	9				8	3	

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YESTERDAY'S ANSWERS

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9	5	2	4	7	1	3	6	8
1	6	7	5	3	8	9	4	2
4	8	3	2	6	9	1	7	5
7	1	6	8	5	4	2	3	9
5	4	8	3	9	2	6	1	7
3	2	9	7	1	6	5	8	4
8	9	4	6	2	3	7	5	1
2	3	5	1	4	7	8	9	6
6	7	1	9	8	5	4	2	3

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